



TODAY'S TOPIC: **Heartmath: A Coherent Moment**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Which is smarter, your heart or your brain?

Lesson

Materials	Things to Prepare	Today's Goal
Way to play “I Send My Love”	Recording of Karen Drucker's / <i>Send My Love</i>	Explore the power of the heart.

ASK: Have you ever wanted to help someone but didn't know how? Maybe they lived somewhere far away or they needed something big that you couldn't give them, like a new home. (allow for sharing if anyone shows interest)

SHARE: One of the most powerful tools we have to take care of each other is *love*. What are some ways we show each other love? (allow for answers) Can we send love to people that are far away? How? (allow for answers)

SHARE: Has anyone heard of the HeartMath Institute? The HeartMath Institute is a group of people who study the heart and its effects on the brain. Their research shows that not only do our brains send signals to our hearts, but our hearts send signals to our brains. What does that mean though?

ACTIVITY: Try this = Everybody raise your hands above your head and wiggle your fingers. (demonstrate)

ASK: How are you doing that? What is making your muscles do that?

EXPLAIN: Your brain! Your brain is sending signals to your fingers and arms. These signals are like little messages that tell your body what to do. (put arms down) The brain is the control center for

everything that happens in your body. Your brain sends messages, your body responds and sends messages back. Your brain is very busy.

SHARE: Let's talk about your heart. It turns out that the signals your heart sends to your brain work the same way; they tell your brain what to do. The heart sends more signals to the brain than the other way around! AND the heart's signals are so strong, they can go outside of our body to things and animals and people even if they are far away. Two ways to do this:

ACTIVITY 1: A Coherent Moment - Coherent is a fancy word for working together or being in harmony. To practice a coherent moment all you need to do is pick one thing to send love to and focus on sending love there. I know a kid your age named Ryan who is in the hospital with a broken leg. We can work together to send Ryan love. Settle into a comfy position and take a deep breath. You can close your eyes if you'd like. Imagine that our little circle here is the sun. Send your love into the center of our circle and imagine that we are filling it all up. Now, we are generating so much energy that love and compassion are shooting out in every direction just like the sun's rays. Focus on that love and send it to Ryan. Breathe into the quiet. (Allow for some silence, then ask the class to open their eyes.)

SAY: Could you feel all that energy? We did this for Ryan, but you could do this for anyone or anything you want, and at any time you want.

ACTIVITY 2: Heart Focused Breathing - This is something you can do anywhere, anytime because all you need is your breath. Start by thinking about your heart and focusing your attention on it. (pause for a few seconds) Once you are focused on your heart center, slow your breathing down. See if you can feel your breath going right through your heart, breathing love in and out.

MUSIC: Play "I Send My Love" by Karen Drucker.

AFFIRMATION – I send my love out, and it returns to me. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .